



From the desk of Dr George Blair-West

There are only three things you miss out on if you do not take the risk of pursuing your meaning ... health, wealth & happiness

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Not losing weight? Savouring & Portion size may be the issue

An issue that often gets overlooked when trying to lose weight is portion control. If you are eating well and not losing weight the next thing to look at is portion size. All too often we mindlessly eat more than we need to feel satisfied. By mindfully savouring our food we will find that smaller portions are as satisfying as larger ones – this is the key to successful and sustainable weight loss. But what is the correct portion size? Fortunately, in Australia we have an absolute expert in this field. I have known and worked with Amanda Clark, a superb dietitian, for some years now and am thoroughly impressed by her very practical approach to this problem.

Her brilliant book, *Portion Perfection*, shows you exactly the right amount to eat if you want to lose or maintain weight. The book includes everyday and occasional foods (including the high sacrifice foods you don't want to live without) and spells out just how much to eat for everyone over the age of 5 years. It has hundreds of pictures showing popular Australian packaged



foods, including almost every brand of yoghurt, cereal and muesli bar available in Australia, as well as common take-away foods. There's also a Portion Perfection plate and bowl to make sure you serve up the right amount. All the Portion Perfection products are available at www.greatideas.net.au along with all the healthy cookbooks and resources recommended by Australian Dietitians.